

Title	Support a person with a disability to develop a personal plan to enhance their lifestyle		
Level	3	Credits	5

Purpose	<p>People credited with this unit standard are able to support a person with a disability to:</p> <ul style="list-style-type: none"> • prepare a personal plan; • implement a personal plan; • review a personal plan, to enhance their lifestyle.
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Classification	Health, Disability, and Aged Support > Supporting People with Disabilities
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Available grade	Achieved
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Guidance Information

1 Assessment conditions

Evidence for the practical components of this unit standard must be gathered in a health or wellbeing setting and with a person with disability.

2 Assessment notes

Demonstration of knowledge and skills must be in accordance with organisational policies and procedures and within the boundaries of the support worker's role.

Evidence generated for assessment against this standard must reflect workplace requirements specified in:

- NZS 8134.0:2008 *Health and disability services (general) Standard*;
- NZS 8134.1:2008 *Health and disability services (core) Standards*;
- NZS 8158:2012 *Home and Community support sector Standard*, available at <https://www.standards.co.nz/>.

3 Definitions

A personal plan is a written document, created in consultation with the person being supported, family and whānau and other support workers or via an advocate.

Controlled means to exercise authority over a document and making decisions for amendment during its evolution.

Health or wellbeing setting includes but is not limited to – the aged care, acute care, community support, disability, mental health, and social services sectors.

Lifestyle areas may include but are not limited to the following areas – social, physical, emotional, spiritual, educational, vocational, cultural.

Organisational policies and procedures are the policies, procedures, and methodologies used in an organisation. They include legislative and regulatory requirements which may apply across an organisation, a specific site, or a workplace. Requirements are documented in organisational health and safety plans, contract

work programmes, quality assurance programmes, policies, and procedural documents such as job descriptors and employment contracts.

Person – a person accessing services. Other terms used for ‘person’ may include client, consumer, customer, patient, individual, resident, tūroro or tangata whai ora.

Principles of personal planning refers to the person being central to the plan, commitment to inclusion and equality, facilitation, plan being led by aspirations and having a positive focus.

Support should aim to maintain, improve, or restore a person’s independence by utilising existing strengths and appropriate resources; but may include providing assistance to enable a person’s health and wellbeing needs to be met.

Outcomes and performance criteria

Outcome 1

Support a person with a disability to prepare a personal plan to enhance their lifestyle.

Range three lifestyle areas.

Performance criteria

1.1 The person is supported to develop a personal plan to enhance their lifestyle.

Range support may include but is not limited to – ascertaining communication methods, scene setting, sourcing an advocate, involving family/whānau and building relationship with the person being supported.

1.2 The support is provided in accordance with principles of personal planning.

1.3 The person’s goals, wishes, aspirations, and abilities are supported and prioritised in the plan.

1.4 Support networks that could help to enhance the person’s abilities and achieve their goals, wishes, and aspirations are identified in the plan.

1.5 The established plan is approved and controlled by the person, either directly or via their advocate.

Outcome 2

Support a person with a disability to implement a personal plan to enhance their lifestyle.

Performance criteria

2.1 Own role and function in supporting the person to implement the plan are identified and described in terms of how the personal goals, wishes, aspirations, and abilities of the person are supported.

2.2 The personal plan to support a person is implemented in accordance with own identified role and function.

Outcome 3

Support a person with a disability to review a personal plan to enhance their lifestyle.

Performance criteria

- 3.1 The personal plan is reviewed against the actual outcomes and the outcomes identified in the plan.
- 3.2 The personal plan is amended to facilitate the achievement of any outcomes identified as not having been met.
- 3.3 The reviewed personal plan is approved and controlled by the person, either directly or via their advocate.

Planned review date	31 December 2026
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	20 March 2008	31 December 2017
Review	2	16 April 2015	31 December 2022
Rollover and Revision	3	24 October 2019	31 December 2022
Review	4	29 April 2021	N/A

Consent and Moderation Requirements (CMR) reference	0024
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This CMR can be accessed at <https://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Careerforce info@careerforce.org.nz if you wish to suggest changes to the content of this unit standard.